



"People helping
people help
themselves."

Division of
Mental Health
and Addictions

Logansport State Hospital

The Spectrum

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Memory Garden Bricks



This beautiful site near the Lynch building is the location for the Logansport State Hospital Memory Garden. This garden features a wide variety of flowering plants, shrubs and trees, but will also include a memory walkway leading to an outdoor gazebo for relaxing and enjoying nature.

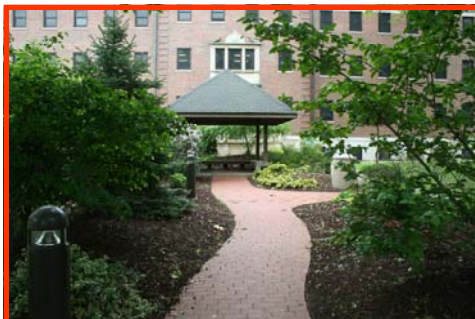
The walkway and area surrounding the gazebo will be constructed of bricks sandblasted with names of present and former employees and volunteers. This is a rare opportunity to leave your mark in time-alongside others who have come before.

Memory Garden Bricks will be inlayed into the walkway and gazebo areas of the garden planned near the Lynch bldg. Each brick may have up to 3 lines of 15 characters-including spaces-engraved \$20.00 each (this covers the cost of sandblasting the names/message you desire).

Complete your order form, attach your check (to cover all bricks ordered) made out to the Logansport State Hospital, and mail it to Cashier, Logansport State Hospital. 1098 S. State Road 25, Logansport, IN 46947.

If the order is more than one brick and you would like them grouped together, staple your orders together. If you would like a receipt, include a self-addressed stamped envelope. (We cannot reserve any special placement/particular arrangement for a group of bricks.)

Orders will be taken until all bricks have been engraved.





SPYKE THE PSYCHE



Motivation -- Part 2

By Mary Ann Nusbaum, Ph.D.

"A strong positive mental attitude will create more miracles than any wonder drug," says actress Patricia Neal. Do you agree?

Recently I saw a *youtube* video of a Chinese woman born without arms. She catches, cooks, and eats small ocean crabs with her feet. She scrambles eggs in a wok. She writes letters and applies mascara—all with her feet.

Oscar Pistorius, a man with amputated legs, is today's fastest runner.

People rebuild their lives after hurricanes. The problems are external. They have internal strength. They have hope.

Not all problems are so easy. When the functioning of the mind is attacked by a disease like schizophrenia or bipolar disorder, a positive mental attitude is not enough.

And many of their strange behaviors are not willful.

Help is needed in the form of medication and support from others. Good medicine reduces the neurological distortions of the mind. Good medicine calms the storms of mood. When thinking and feeling improve, better behaviors are possible.

Only then can hope be rekindled.



SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

The Spectrum is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

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Bill McPhee was an educated and talented young man when schizophrenia hit. He was hospitalized, and then lay on a couch for five years doing nothing. Finally, he came to believe he had a disease that could be controlled by medication. Finally, someone urged him to join a social organization where he made new friends.

Now, he has hope and purpose. He receives monthly *im* meds. He has family, friends, and hobbies. And, he is the founding editor of a world famous magazine, *Schizophrenia Digest*.

I hope you will be motivated to adopt a positive mental attitude toward patients recovery.

Policy Update

Revised/Updated

A-32 *"Do Not Resuscitate"*

A-40 *"Student Internship/Practicum"*

C-5 *"Search of Patient/Environment"*

C-8 *"Elopement/AWOL"*

C-16 *"Authorization of Therapeutic Leave of Absence"*

C-21 *"Off Site Referrals"*

C-25 *"Supervision For Criminally Involved Persons"*

H-2 *"Weather Emergency Action Plan-Transportation of Essential Personnel in Inclement Weather Conditions"*

H-14 *"Staff/Official Guests Meal Policy"*

H-20 *"Employee's Personal Items Damaged"*

H-27 *"Employee Reportable Diseases"*

The following policy was rescinded on May 16, 2008:

C-26 *"Equipment Interference with Medical Devices-Cellular Phones/Radios/Microwaves"*

**** Staff should review the above policies on the Intranet or in the manual.**

Arts-‘n-facts

Longcliff Museum Art-‘n-facts

The Scoop on K-Ward



K-Ward was the original name for the “Old Staff Development Building” which sat across from the currently named North Central Juvenile Correctional Facility Administration building before being razed this May/June 2008.

LSH Retiree, Jim Foster, remembers being detailed K-Ward as a relatively new attendant for the midnight shift in 1962. He was by himself, one attendant, watching over 104 male patients. Most patients slept in two big dorms upstairs; about 30 slept in a dorm downstairs: some slept in the few single and double rooms upstairs. The evening shift attendant gave Jim an orientation, “a list of who-to-wake-up-when”. Jim remembers waking up the baker at 4:00 am. The next patient he woke up was the one who would help identify the patients when they came up to get their meds. K-Ward was for the patients who were working on the lawn crew or gardens, etc. Jim remembers one patient worked in the key shop, helping to install locks. Everyone was up, showered, dressed and finished with breakfast-back from the dining room by 6:30 or 7:00 so they could get to work for the day.

LSH Retiree, Rosie Wilson, remembers the great pride patients took in keeping the building clean. There were no housekeepers then. They would use a cloth fastened on an oval metal plate on the end of a pole to polish the floors every day and had them “shining like a whistle.” She remembers the beds in the dorms were “toe to eyeball” not like the more private furnishings of today.

The General Assembly of 1905 appropriated \$80,000 to build two additional houses, one for men and one for women, each having a capacity for seventy inmates. K-Ward, 10,800 sq. ft., was one of these, built with thoughtful planning and great pride as seen in this report...

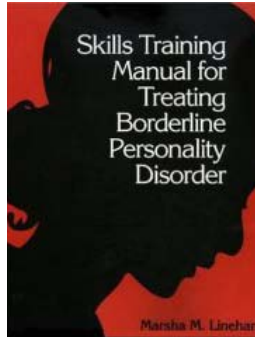
"Some description of these buildings was given in my report of 1906, but it may be well to give here some additional details.

The building for women contains two wards for middle-class patients. The two stories are alike in arrangement and equipment, each constituting a ward with its accessories. The main entrance opens into a commodious vestibule. From this, slate stairs lead to the ward above and to the basement below, shut off by doors. Two other doors lead into the lower ward, one directly into a large dayroom, well lighted on three sides, provided with a massive brick fireplace, but actually heated by an ample number of direct-indirect radiators, all having immediate communication with the outer air. A handsome, full sized, iron grille takes the place of a partition wall between this and an adjacent dining-room, with scullery attached, having an external entrance with small lobby for convenience in delivering supplies. A convenient nurse's room is located on each side of the day-room. The water closets are in a detached tower reached by passing through a tile-floored loggia, glazed in winter, open in summer. A hall on the east side, with bedrooms of various sizes on each side, or which are heated by indirect radiation, leads into a dormitory, lighted on three sides, containing fifteen beds. Another hall, on the south side of the day-room, leads to the lavatory and bathroom, the clothing-room and a dormitory for six beds. This ward accommodates thirty-eight patients and four attendants. The ward above is similar in all particulars. The cement-hardened, plastered walls are painted, three coats, in a rose-burr tint, in the important interiors; a very pale green in the dormitories. Lavatories, closets and bath rooms have white enameled brick facings. The ceilings, of embossed steel, in handsome patterns, are finished in a flat white. All the interior wood finish, as well as most of the furniture, is of beautifully grained ash, artificially stained and varnished. All floors are of narrow sugar maple, excepting sculleries, closets, lavatories, bath rooms and vestibules, which have tiled floors, of pleasing patterns. Radiators, grilles and other interior iron work are finished in Bower-Bark black. Every room is abundantly lighted from the ceiling. In the larger rooms the lights are in groups, backed by mirror reflectors. All lights are controlled by flush, lock switches, one for each bedroom, located in the corridor, outside the room. These switches are of special design and can not be manipulated by any means other than their own socket keys. The wiring is strictly according to the latest underwriters' rules, no more than twelve lamps on any branch line. All branches lead from slate panel boards, centrally located, in a locked closet, in the dayroom. This contains the switches and safety fuses belonging to each group of lights. The whole system of wiring is run in flexible steel conduits built into the walls and ceilings during construction. Hot and cold water are laid on to all fixtures from central sources at the power house through underground pipes. The hot water pipe rests on iron rollers supported at intervals inside an 8-inch earthenware pipe filled with asbestos sponge. The outlook from this building is varied and agreeable in all directions, its elevated location giving it a special advantage in this particular. All windows are protected by quadrant wire guards, of the Longcliff pattern, and metallic insect screens.

The building for men is intended to provide a special home for the working inmates of the chronic class, convenient to the location of their several occupations, at the same time affording facilities for close surveillance and general care. The congregation of this class in such a home promises some of the advantages of the colony system, such as independent regulation of subsistence, domestic management and general direction at all times in work, in rest, and recreation. It is designed for use as an ordinary dwelling, dormitories on the second floor and rooms for day use below. In details of construction it is similar to the building for women, already described, but it differs from the latter in that one vast dormitory accommodates the beds of all the inmates, with single and double rooms for the numerous employees [sic] who are associated with them in their daily occupations and for the attendants who have charge of the domestic work of the establishment. The building is L-shaped. The smaller wing contains an ample dining-room, kitchen and scullery, with domestic quarters above and a commodious slate stairway. There is an entrance hall with a room on each side, where shoes and working clothes may be exchanged. From this opens a large day-room with a massive brick mantel and fireplace. Adjoining this is an ample lavatory on one side, and, on the other, a tiled loggia, open in summer, glazed in winter, leading to a detached, square tower, containing water closets above and below. Leading out from one side of the day-room is a corridor giving access to various small rooms for attendants and employees and also to a clothing room of ample size and equipment for seventy inmates. A passage on the side leads through a loggia like the before mentioned, to a detached bath house, containing an ante-room and bath-room, equipped with two immersion and three shower baths, furnished with hot and cold water through a mixer with thermometer attachment. This bath house has a door for entrance from the outside, for the convenience of no-colonists. The second story is occupied by a very large dormitory with a number of smaller rooms for inmates and employees. This story is also provided with the usual accessory rooms of a large household. Fresh air and plenty of it is secured by the system of heating and ventilation used, winter and summer. It is intended that this is to be the home of almost seventy chronic, custodial cases and their guardians and directors. All of these will be engaged, during work days, together and will sleep under the same roof at night. They will have the hours usual in the farm home, early to bed and early to rise; breakfast at 6 o'clock, dinner at noon sharp, supper at 5:30 p.m., and to bed at 8. The night watch will take care of their wants and doings during the night hours. A man of experience will preside over this home, and his wife will carry out the details of work in the kitchen and dining-room, with the necessary assistants of both sexes, some employed, some inmates. This establishment will be largely independent of the hospital proper. Freedom will be allowed within judicious limit and its motto will be: "*Labor bonor maximus.*"

(J.G. Rogers, Medical Superintendent. Report of the Trustees and Medical Superintendent of the Northern Indiana Hospital for Insane At Longcliff, near Logansport for the YEAR ENDING SEPTEMBER 30, 1907.)

The Book Nook



New Books in the Library

Linehan, Marsha M. Skills Training Manual for Treating Borderline Personality Disorder. Guilford Press, 1993.

An *old*, new book, it is still in print 15 years after initial publication, the 'gold standard' of its kind according to Behaviour Research and Therapy.

"Every once in a very long while in our field, a clinical innovation is introduced that profoundly improves patient care. Marsha Linehan's development of a cognitive-behavioral approach to borderline personality disorder is such a rare innovationHer techniques are clear, teachable, and learnable, and make good common sense to the therapist and the patient. Dr. Linehan's methods have greatly improved my treatment for borderline individuals and my teaching of others in how best to understand and treat these patients.' -- Allen Frances, M.D.

The treatment she has developed combines the technology of change derived from behavioral science with the radical acceptance, or "technology of acceptance," derived from both eastern zen practices and western contemplative spirituality. The practice of mindfulness, willingness, and radical acceptance form an important part of her treatment approach.

A vital component in Linehan's comprehensive treatment program, this manual details precisely how to implement DBT (Dialectical Behavior Therapy) behavioral skills training procedures. Included are over three dozen invaluable patient handouts and homework sheets. Clinicians may recommend this book for client purchase or can photocopy patient materials and distribute them as needed.

If there is a book you need to help with your job, please contact bnewell@fssa.state.in.us or call the library at ext. 3712.



Farewell

To
Bonnie VanMeter and
Louise Chandler





ENJOY YOUR RETIREMENT



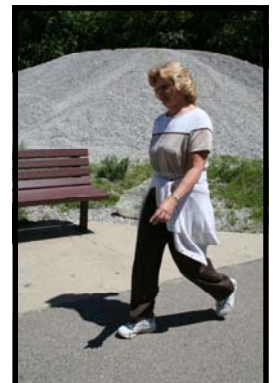
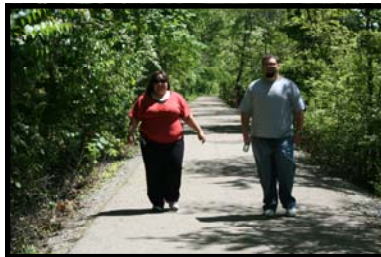
Walk for Mental Health!

On May 28th, Logansport State Hospital's Community Services Department sponsored a "Walk for Mental Health," in observance of Mental Health Awareness Month! The walk was held at the local River Bluff Trail. It was a beautiful day for walking! Many LSH employees, as well as members of Logansport's community came out to show support for the recovery of the mentally ill.

Thank you to everyone who came out to support this very important month! Hope to see you next year, as we strive to expand this into an annual event!



Above photo taken by: Arnold Ernest



WALK



Above photo taken by: Chris Taylor



FOR



MENTAL



HEALTH



Culinary Corner

Easy Flag Cake

2 pints of strawberries

1 recipe of your favorite white or yellow cake (mix or from scratch, your choice)

1 1/3 C of blueberries

1 tub of whipped topping

Serves 12

Mix up and bake your favorite cake mix or recipe. Let cool. Slice 1 cup of strawberries, set aside. Halve remaining strawberries, set aside.

Top cake (in pan) with 1 cup sliced strawberries, 1 cup blueberries and all of the whipped topping. Arrange remaining strawberry halves and blueberries on whipped topping to create a flag design. Refrigerate until ready to serve.

©2005 FabulousFoods.com





Spotlight ON Morale Boosters Committee

The Morale Boosters plan and organize activities to help raise the morale of employees.

Committee Meets 1st Wednesday at 8:00AM in Nutrition Services Conference Room



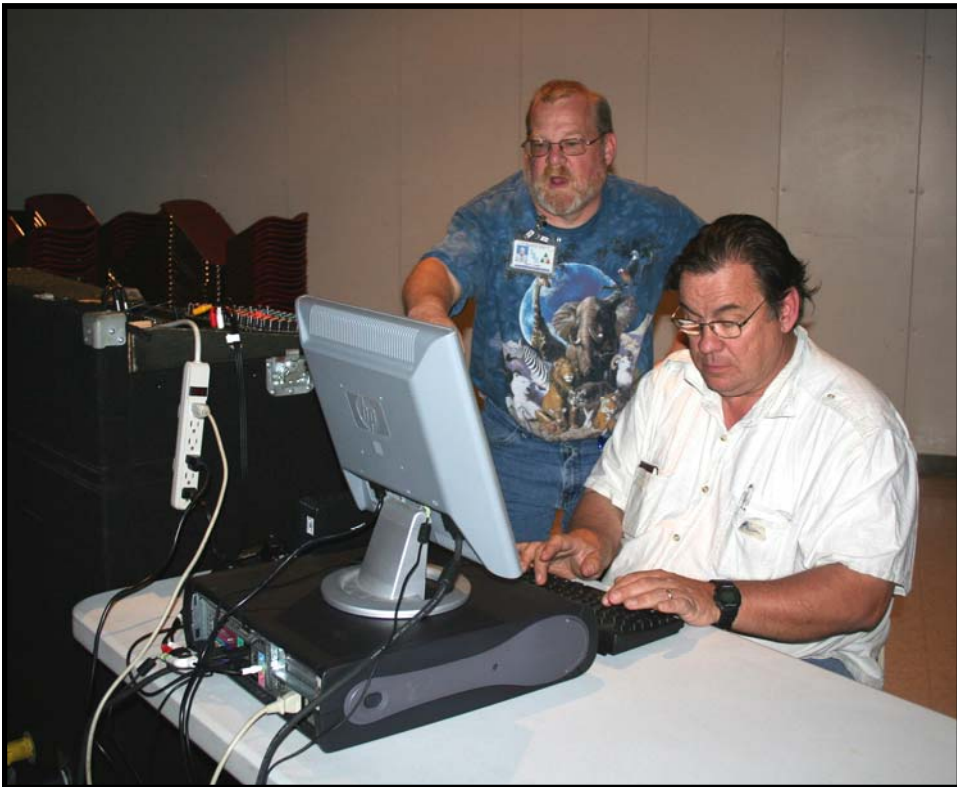
Photo taken by: Jesse McCarty

Morale Boosters Committee members L-R: Marcia Black; Kris Hunt; Co-Chairperson, Erica Deeter; Stephanie Helvie; Justin Hall-in back; Chairperson, Darrin Monroe-in front; Joyce Fillmore; Secretary, Brian Newell; Angie Rechkemmer; and Bonnie VanMeter. Not pictured: Treasurer, Marjorie Potts; Cindy Bruce, Susan Conrad; Shadi Haghani; Tim Neff; Kathy Pattee; Liaison, Dianne Renner.

SPRING DANCE

The Fogel Auditorium was rocking on Friday May 30th to the tunes provided by our own Terry Tharp and Bob Wandrei. The event was supposed to be held outside on the lawn but Mother Nature was threatening rain so it was moved indoors. Terry and Bob provided music in the afternoon from 1-3pm and volunteered their time to return from 6-8 for another round of fun and dancing. The events were well attended with 60+ in the afternoon and almost 100 at the evening dance! Patients received refreshments at both dances and fresh popcorn was also served in the evening.

Big thanks to all the staff that assisted with the event and especially those who escorted and made it possible for everyone to attend. Rehab would also like to thank Terry and Bob for volunteering their time and equipment for this enjoyable event. See everyone at the next dance July 3rd 1-3pm at the canteen area!



Corporate Challenge 2008!!!

This year's Corporate Challenge is right around the corner and sign- up season has begun! Whether you enjoy the spirit of good competition, the camaraderie of team events, or you just want to have fun, this year's challenge has something for everyone! The challenge will be offered in September, so don't miss out and sign up for a variety of events for Corporate Challenge 2008!! The deadline to register is June 23rd. Please see below for events, cost, and dates.

Mini Golf:	\$5.00/Person (9/8 & 9/9)
Bowling:	\$15.00/Team (9/12 & 9/13)
Chess:	\$5.00/Person (9/6)
Basketball Spot Shot:	\$5.00/Team (9/8 & 9/9)
Soccer Challenge:	\$4.00/Person (9/12)
Family Bike Ride:	\$7.00/Team (9/7)
1.5 Mile Prediction Walk:	\$3.00/Person (9/6)
Golf Scramble:	\$15.00/Team (8/4-9/12)
Pool (Billiards):	\$8.00/Team (9/6)
Driving Range Challenge:	\$4.00/Person (9/10 & 9/11)
Fishing:	\$4.00/Person (9/10 & 9/11)
Euchre:	\$8.00/Team (9/14)
Co-Ed Softball Tourney:	\$30.00/Team (9/20)

This event is open to all employees! Families of employees may only participate in the Family Bike Ride. The 2008 Cass County Corporate Challenge Sponsor Fee has been brought to you by the SEB! If you are interested, please email or call the Community Services Director @ ext 3708 or shadi.haghani@fssa.in.gov for more information! Although the corporate sponsor fee has been taken care of, the employee(s) will still be responsible for individual fees noted above besides each event. Deadline to sign up for this event will be June 23rd. Individual fees will need to be turned into Shadi Haghani, Community Services Director by the 23rd of June as well.



LSH will be at the fair!

LSH will be at the 2008 4-H fair July 14th through the 19th! Stop by at the Merchants Building at the fairgrounds between 5pm and 9pm on those dates!

Check out items from the Longcliff Museum and the Hospital's display board where there will be lots of great pictures and information! You can also sign up for several raffle prizes that will be raffled off every two hours! Local businesses that donated include: Pizza Hut, Transition Spa, Waldenbooks, B&K, Family Video, Maxx Tan, Electric Beach, and Designer Joe's! LSH employees and their families are eligible to win! Hope to see you there!

Shadi & Chris
Community Services



When is Father's Day Around the World?

While Father's Day in the US is celebrated on the 3rd Sunday of June - worldwide many countries also celebrate Father's Day throughout the year.

Here is a list of worldwide Father's Day observances in order of calendar date.

<u>Date</u>	<u>Country</u>
March 14th (24 Esfand)	Iran
March 19th	Belgium (St Joseph's day), Bolivia, Honduras, Italy Liechtenstein, Portugal and Spain
May 8 th	South Korea (Parents Day)
Ascension Day	Germany (Herrentag; drinking day, no celebration of Fatherhood)
First Sunday of June	Lithuania
June 5 th (Constitution Day)	Denmark
Second Sunday of June	Austria, Ecuador, Belgium (secular celebration)
June 17 th	Salvador, Guatemala
Third Sunday of June	Argentina, Bahamas, Bangladesh, Bulgaria, Canada, China, Chile, Colombia, Costa Rica, Cuba, Cyprus Czech Republic, France, Greece, Guyana, Hong Kong, India, Ireland, Jamaica, Japan, Malaysia, Malta, Mauritius, Mexico, Netherlands, Pakistan, Panama, Paraguay, Peru, Philippines, Puerto Rico, Singapore, Slovakia, South Africa, Sri Lanka, Switzerland, Trinidad and Tobago, Turkey, United Kingdom, United States, Venezuela, Zimbabwe



Continuous Readiness Reminders

- NPSG's
- Health Care Representatives
- Advanced Directives

Patient safety can be compromised if we do not use the procedures we have in place for identifying patients and for “hand-off” of communication. Remember to follow the proper procedures for the following patient safety goals:

Two patient identifiers

- Use the photo and medication assistant to identify patients for medications
- Use the photo and the meal slip to identify patients for special diets

Hand-off of communication

Hand-off of patient information should occur during shift change, before transfer of patients to another unit, and when nurses leave the unit for meals/breaks. Critical information should also be “handed-off” to and from the MOD, and to emergency care and other medical care providers. The purpose is to provide accurate information about a patient’s care and treatment, current condition, and any recent or anticipated changes.

Health Care Representative/Guardian Listing

How do you know if a patient has a Health Care Representative or legal guardian? The quickest and most accurate listing is on [LSH SHAREPOINT!](#)

- Click on the LSH intranet and on the main screen you will see a “bubble” labeled “LSH SharePoint Services”.
- Click on this link and you will see another link entitled HCR/Guardian listing (on the right).
- Click on that and you will see another link that leads you to the list of those patients who have a guardian or HCR.

Doctors, Secretaries, Nurses (RN's and LPN's), Psychology and Social Service have access to this information.

It should also be on the face sheet and a sticker on the front of the chart should indicate such. It is important for Doctors and Nurses to be able to access this information in emergency situations. Take some time to explore “sharepoint”. Social Workers are responsible for providing information to HIS to keep this database current.

Advanced Directives

An Advanced Directive is a document in which a competent person states choices for medical treatment or designates someone to make treatment choices if the person should lose decision-making capacity.

If a patient at LSH has an Advanced Directive,

- ✓ a red alert sticker is placed on the front of the chart and
- ✓ a copy of the Advanced Directive is placed in the legal section labeled “do not remove”.



UPCOMING EVENTS

June 18 - July 16

- 1 June 18th - Catholic Mass @ 3:30 PM
- 1 June 20th - Small Towne Hero Band @ 7:00 PM in the auditorium
- 1 June 23rd - Cass Co MHA Picnic for IRTC @ 6:00 PM
- 1 June 26th - Clinton Co Gold Ladies @ 9:00 AM D2E
- 1 June 26th - Clinton Co Gold Ladies @ 10:00 AM CLW/L1E
- 1 July 3rd - 4th of July Dance 1:15 - 3:00 PM
- 1 July 14th - July 19th -Cass Co Fair Week
- 1 July 16th - Catholic Mass @ 3:30 PM

Who Am I

Can you guess who the lady in the middle is?

If you can, call Darrin Monroe at # 3803 or e-mail: darrin.monroe@fssa.in.gov by July 9. All correct answers will be entered in a drawing sponsored by the Morale Boosters to win a free “Jumbo” soft drink at the Hillside Café. You must have the correct answer to qualify for an entry.

Winner will be announced in the next Spectrum.

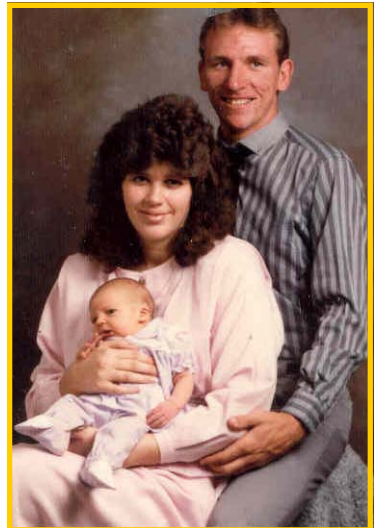
Need a hint?
She’s registered to work midnights.

Find out who this is in our next issue.

Last Issue:



Terry Tharp



Jim Bibby had the correct guess to the person in the “Who Am I” picture.

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.